

Evaluation of USDA Foods Programs Using the Healthy Eating Research Nutrition Guidelines

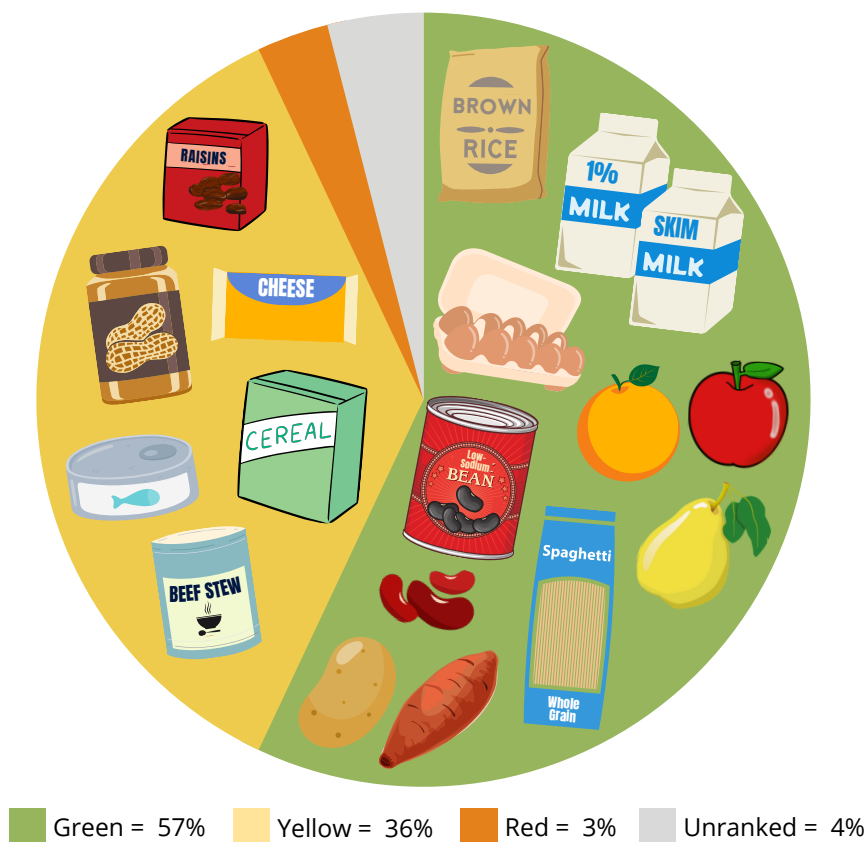
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US Department of Agriculture (USDA) Foods programs for households - The Emergency Food Assistance Program (TEFAP), The Food Distribution Program on Indian Reservations (FDPIR), and the Commodity Supplemental Food Program (CSFP) - provide nutritious foods at no cost to income-eligible individuals.

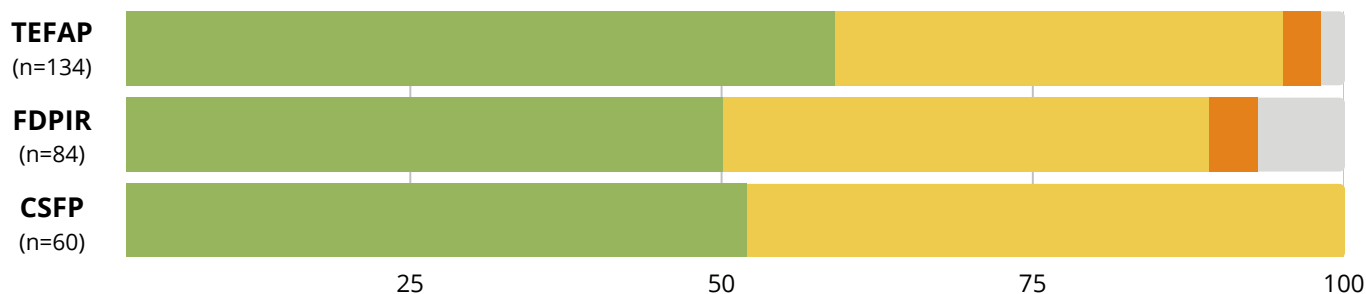
The **Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System** were used to evaluate the quality of foods in each program. Foods are categorized into a three-tiered system based on levels of saturated fat, sodium, and added sugar per serving, and presence of whole grains:



Frequency and Examples of Foods in Each HER Rank
Foods in All Programs Combined (n = 152)



Percentages by Program



Conclusions

- USDA Foods programs provide nutritious choices aligned with national dietary guidelines
- Most items were fruits and vegetables; lean proteins; whole grains; and low-fat dairy options
- Adjustments to some specifications would further strengthen the nutritional value of USDA Foods